

Clinical Evaluation of MetaPhase™ and Vital Cell™

## Multiple Benefits for Diabetics

By Mitchell A. Fleisher, M.D., D.Ht., D.A.B.F.M.

As a board-certified family physician specializing in classical homeopathy, nutritional medicine and integrative clinical research, I am often called upon to evaluate promising new botanical agents for their potential – and actual – health benefits. Over the past year, I have had an opportunity to evaluate the therapeutic effects of two such promising nutraceutical formulas, *MetaPhase™* and *Vital Cell™*.

### Healthy Blood Sugar Levels

Several of my patients with non-insulin dependent diabetes mellitus (NIDDM) have benefited significantly from the herbal formula, *MetaPhase*. Following four months of daily use (three capsules three times daily), blood tests revealed a significant reduction in fasting blood sugar levels in my patients – in some cases

dropping as much as sixty points. By reducing blood sugar, *MetaPhase* aids in bringing serum glucose levels down to a much more acceptable range for long term medical management.

### Improved Diabetic Control

Of greater significance, blood tests have shown that *MetaPhase* also aids in restoring hemoglobin hA1C (*HgbA1C* or *glycosylated hemoglobin*) levels to a more normal range. hA1C is a relative measurement that determines average blood sugar levels over the previous three months to aid clinicians in determining a patient's degree of insulin resistance and sustained hyperglycemia (high blood sugar). An hA1C value of 7.0 or greater represents poor blood sugar control. In this regard, I have observed that patients taking *MetaPhase* experience, on average, a

restoration of hA1C values down into the 5.4 to 6.2 range. These numbers signify a significant reduction in sustained hyperglycemia, diminished insulin resistance and improved diabetic control.

### Health Risks of Elevated Glucose and AGEs

In the human body, glucose (blood sugar) serves as a primary fuel for energy production. When glucose levels are too high, the excess sugar reacts with proteins, lipids and lipoproteins in a spontaneous process called glycosylation to form abnormal chemical byproducts known as *Advanced Glycation Endproducts* (AGEs). AGEs contribute to cellular damage and interfere with the normal functioning of vital cellular components and enzymes required for health and well being. These malfunctioning molecules, for example, have been shown to accelerate atherosclerosis (hardening of the arteries), contributing to an increase in the risk of a heart attack or stroke. In patients with chronic diabetes, AGEs are also implicated in peripheral vascular disease (which

*Continued on page 2*

Personal Evaluation of Current and Pending Herbal Formulas for

## Chronic Pancreatitis, Heart Disease and Diabetes

By Paul Anacker, J.D.

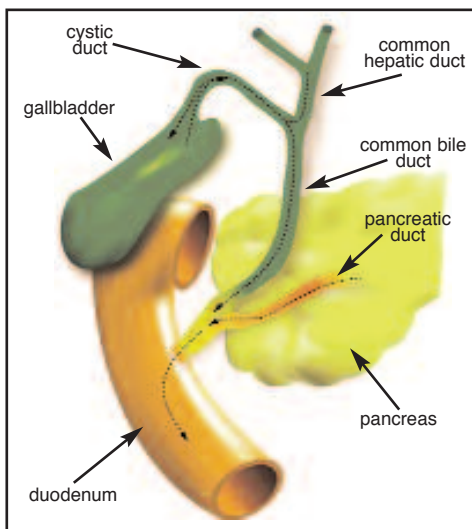


Fig. 1. The gallbladder, pancreas and bile duct system.

For the last six months I've taken part in a series of ongoing evaluation trials of new and pending *Tango Advanced Nutrition* formulas. Before I share my thoughts on these formulas I think it would be helpful to begin with an overview of my recent health history.

### Onset of Acute Pancreatitis

In August 1995, I was hospitalized with an extreme case of acute pancreatitis. I remained in the hospital for almost five months, including 110 days in the intensive care unit. My problem was caused by a blockage in my pancreatic duct, about a quarter of the way up from the common bile duct (Fig. 1). Because of this obstruction, pancreatic fluid that would normally be released into the intestines was blocked, building up in the pancreas and

leading to the formation of several pseudocysts that eventually became infected abscesses. My surgeons attempted to perform endoscopic surgery to open the duct and insert a drainage stent, without success.

During my first hospitalization the doctors warned my folks that I wasn't likely to survive on at least five separate occasions. When I was released at the end of 1995 my abdominal muscles were left cut apart and I left the hospital with five drainage tubes sticking out from my abdomen. Because of the severity of my pancreatitis (and the resulting diabetes), my doctors said that I had about eight years left to live.

After several years my Ventura surgeons finally gave up on me and sent me to the U.S.C. medical center in Los

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## MetaPhase, Vital Cell

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can cause gangrene and lead to amputations), peripheral neuropathy (nerve damage in the limbs), retinopathy (eye damage) and nephropathy (kidney damage). A simple Hgb A1C blood test can directly determine which patients are most at risk by measuring the advanced glycation end-products of normal hemoglobin (Hgb).

*“Over the course of about three to four months of using MetaPhase, these patients have experienced an average weight loss of approximately twenty pounds.”*

### Preventing Damage from AGEs

The most effective nutraceutical agents for preventing the formation of AGEs (and dissolving pre-existing AGEs) are the amino acids Carnosine and Acetyl-L-Carnitine. These agents work best when used to augment the effects of *MetaPhase*. The therapeutic dosage range of Carnosine is 500 mg. two to three times daily. For Acetyl-L-Carnitine, I recommend 1,000 mg. again taken two to three times daily. Amino acids work best when taken between meals.

In my practice, I have observed that long-term, daily intake of *MetaPhase*, in conjunction with Carnosine and Acetyl-L-Carnitine in the dosages described above,

serves as a very effective, chronic disease preventative and anti-aging regimen. (Complementary Prescriptions, (888) 401-1105, is an excellent source of these amino acids in their purest form. Use PIN# 235277 to order both at a discount).

### MetaPhase and Diabetes

From the subjective perspective of my diabetic patients, they generally report improved energy and vitality, fewer cognitive difficulties (i.e., amelioration of poor concentration and fuzzy headedness),

enhanced alertness, less peripheral neuropathy (i.e., tingling, numbness and/or peculiar pains in extremities, especially in the feet and toes), improved digestion and enhanced weight loss (despite no change in their dietary and exercise regimen) when taking *MetaPhase*.

### Sustained Weight Control

In fact, one of the most consistent and promising therapeutic effects of *MetaPhase* that my patients and I have observed is gradual and sustained loss of unwanted weight. The loss of excess pounds appears to result from a decreased craving for sugar and refined carbohydrates, resulting from decreased insulin resistance and improved glucose metabolism (i.e., using and burning the stored starches and sugars in the body more efficiently).

Taking clinical advantage of this phenomenon, I can report that I have prescribed *MetaPhase* for non-diabetic, overweight and frankly obese patients with mutually gratifying results. Over the course of about three to four months of using *MetaPhase*, these patients have experienced an average weight loss of approximately twenty pounds. After four months, these patients are able to sustain their new, healthier weight with a maintenance dose of two to three capsules of *MetaPhase* twice daily, together with their reasonable dietary and daily exercise regimens.

### Vital Cell

With respect to *Vital Cell*, my clinical experience supports the use of this unique Traditional Chinese Medicine (TCM) herbal formulation based on its ability to significantly restore healthy internal organ function, as well as improving systemic microcirculation, detoxification and cellular energy production. *Vital Cell* has been shown to improve several parameters of the aging process, e.g., specific biological markers, including albumin, albumin/globulin (A/G) ratio and lymphocyte blast transformation index (LBTI).

*Vital Cell* has also been shown to reduce viscosity (thickness) of the blood, thereby improving blood flow through the capillary vessels that supply oxygen and nutrients to and remove waste products from the cells, tissues and organ systems.

*Vital Cell* appears to be especially helpful in those patients with chronic fatigue, fibromyalgia, rheumatism, generally poor and sluggish circulation (often manifested as coldness in the hands and feet), restless leg syndrome, poor memory and other conditions resulting from compromised microcirculation. My patients with diabetes mellitus and peripheral vascular disease particularly note that *Vital Cell* has a positive added benefit when combined with *MetaPhase* to aid in the control of the discomfort of their cold, numb hands and feet.

I have personally been taking 2 tablets twice daily of *Vital Cell* for over four months and have observed a definitive, gradual improvement in my stamina and endurance during vigorous exercise, including long hikes on the beautiful Blue Ridge Mountain trails surrounding my home and office. Another noticeable benefit has been an improvement in the clarity and sharpness of my vision and memory, especially after long hours of studying complicated, homeopathic cases and all the medical literature with which I have to keep abreast on a regular basis. For these reasons alone, I can wholeheartedly recommend *Vital Cell* as an excellent adjunct to any anti-aging regimen.

### Summary

To summarize, for patients with blood sugar control problems due to insulin resistance and diabetes, I recommend *MetaPhase*, in a daily dosage of three capsules three times daily, for an initial period of four months. This is then followed with a program consisting of two to three capsules, twice daily, for long-term health maintenance. This protocol has

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# A New Approach to Healthy Weight Control

**M**etabolic Syndrome, a leading cause of weight gain and obesity, occurs when the body loses its ability to control insulin levels. Left untreated, glucose and insulin levels can become chronically elevated, resulting in obesity, diabetes and increasing the incidence of heart attack, strokes, cataracts and cancer. According to the *Journal of the American Medical Association*, over 80 million adults in the United States suffer from Metabolic Syndrome – and most don't even know that such a condition exists – or that they have it.

## Obesity and “Poisoned” Food Supply

In a paper recently published in *Nature Clinical Practice: Endocrinology and Metabolism*, nationally renowned obesity expert Dr. Robert Lustig observed that hyperinsulinemia – elevated insulin – does not result from being obese, but is the primary culprit in causing obesity. According to Lustig, much of the problem can be linked to a “poisoned” food supply that alters people’s biochemistry, causing them to eat more and move less.

The processed foods most readily available in America – potato chips, cookies, yogurt and white bread – are loaded with sugars that cause the body to believe that it is hungry, which compels the body to consume more calories and conserve energy. Additionally, sugar makes the body produce more insulin, which then blocks hormones that would normally tell the brain to stop eating. This insulin floods the brain, and in particular the hypothalamus, which regulates energy use in the body. As a result, leptin, a hormone that tells the brain when the body needs more or less energy, can't get its signal to the hypothalamus because the insulin is blocking the way.

also been shown to work well as a part of an effective weight-management program. Additionally, I also recommend *Vital Cell*, 2 tablets twice daily, for people with problems stemming from poor systemic blood microcirculation.

When used in conjunction with a healthy diet, regular exercise and a supplemental program including the amino acids Carnosine and Acetyl-L-Carnitine, in the dosages described previously, *MetaPhase* and *Vital Cell* can be a very effective, blood-sugar controlling and cir-

## A New Approach to Healthy Weight Control

Angered by the simplistic argument that obesity is caused by eating too much and exercising too little, Lustig says it is unfair and unhelpful to blame personal behavior, especially lack of self-control for obesity.

Breaking the pattern of sugar consumption – which Lustig compares to nicotine addiction – is more than just a matter of willpower. “Everyone’s assuming you have a choice, but when your brain is starving, you don’t have a choice,” Lustig said. “Your body is telling you to eat more. Our bodies don’t do well fighting biochemical drive. Try to not drink something after you’ve eaten a pizza, when you’re thirsty.”

*“... Lustig says it is unfair and unhelpful to blame personal behavior, especially lack of self-control for obesity.”*

The result is that the body is thrown into starvation mode – the brain thinks it isn’t getting enough energy, so it needs more calories and it needs to save energy, he said. People end up feeling the symptoms of starvation, including malaise, depression, a lack of motivation and, of course, hunger.

As a pediatric endocrinologist, Lustig believes that effective treatment comes through examining genetics, biochemistry, hormones and lifestyle. “There are hormonal underpinnings to every behavior,”

culcation-stabilizing, chronic disease preventative, anti-aging regimen.

For those currently taking prescription, anti-diabetic and/or anticoagulant, pharmaceutical medications, please consult with a licensed physician who is well-educated in nutritional medicine to help monitor the integration of the abovementioned natural agents into your overall therapeutic regimen.

✱

Lustig said, ticking off the hormones affecting appetite – *leptin*, *insulin*, *ghrelin* and *PYY*. “Insulin is the bad guy; the more insulin you generate, the more weight you gain. Insulin shunts sugar to fat.”

## Four Steps to Reducing Insulin Levels

The primary goal of Lustig's therapy is to get insulin levels down. First, he tells patients to get rid of all liquid sugar, which he calls “liquid poison.” When meeting a new patient Lustig will pull out a calculator and listen to the list of beverages consumed daily. Kids rarely drink water or milk and instead consume considerable amounts of Coke, Gatorade and Kool-Aid. Coke has 150 calories per can, he notes. Liquid sugar typically accounts for more than 500 unneeded calories a day. “Multiply 500 calories times 365 days a year and you have 250,000 calories a year in liquid sugar,” Lustig said. “There are 3,500 calories in a pound, so that's 60 pounds a year.”

Next, he goes after what he calls the “white and fluffies,” the refined carbohydrates without fiber. That includes bread, rice, pasta and potatoes. The white and fluffies should be substituted with “brown and crunchies,” he says, referring to beans, brown rice, lentils, nuts and other legumes.

When children ask for second helpings, parents should implement a 20-minute waiting period. That's how long it takes for the body to know it is full. The signal is sent by the intestinal PYY hormone, Lustig says.

Finally, he looks at lifestyle. Television too often goes hand in hand with obesity. “I have kids tell me they watch 10 hours a day. I say, ‘OK, kid, here's the deal. You watch as much TV as you want with one proviso – you watch it while on a treadmill.’”

**Source:** *Nat Clin Pract Endocrinol Metab.* 2006 Aug;2(8):447-58.



**About the Author:** Mitchell A. Fleisher, M.D., is a board-certified family physician specializing in classical homeopathy, nutritional and botanical medicine, chelation and bio-oxidative therapy. As an integrative medicine consultant to several major health care institutions and corporations, Dr.

Fleisher also organizes and conducts integrative medicine clinical research.

## Surviving Pancreatitis

*Continued from page 1*

Angeles. My case intrigued the Director of the Pancreatic and Biliary Department and he took me on as a patient personally. Eventually he also gave up, telling me that the only remaining option was an operation to remove 80 percent of my pancreas and my spleen also. I resigned myself to having the operation, but fortunately the only surgeon who could perform this delicate operation was on vacation for a month.

### Trying for a Natural Solution

While waiting for the surgeon to return from vacation I decided to put my research skills to good use. I'd already given conventional (Western) medicine a chance to try to heal me; now I decided to see if there was a natural approach to saving my pancreas and spleen.

*“An Adenosine-Stress test revealed that my Ejection Fraction, a measure of how much blood the heart is actually pumping, was down to 38 percent (by comparison, a healthy EF is 70 percent).”*

When I reviewed the medical literature I discovered that several alternative doctors hypothesized that pancreatitis is a form of fibrosis (cross-linking of tissue). On the basis of their work I began to take four natural substances that, at that time, were believed to prevent, and perhaps reverse, fibrosis – *EDTA*, *PABA*, *DMSO* and *MSM*.

This was in October of 1998, and I'd already been living with a drainage catheter poking out of my pancreas and through my ribs for almost two years. To keep my catheter from clogging I had to irrigate it with a saline solution four times every day. Now, in addition to taking the four natural substances orally, I also added them to my saline irrigation solution.

Much to the amazement of my doctors, once I began treating myself I felt

good enough to put off having the surgery. In fact, despite continuing to have chronic pancreatitis and being in constant pain that sometimes could debilitate me to the extent that I would have to stay in bed, I didn't need to return to the hospital, let alone visit an Emergency Room, for another eight years.

### Heart Problems

My next hospitalization occurred in November 2006. At the end of October I began to feel weak, and if I exerted myself I became dizzy. A week later, I was growing weak and dizzy just lying in bed, so I checked myself into the hospital for a series of tests. An Adenosine-Stress (AS) test revealed that my Ejection Fraction (EF), a measure of how much blood the heart is actually pumping, was down to 38 percent (by comparison, a healthy EF is 70 percent). An echocardiogram confirmed the decline in my ejection fraction, though it indicated an EF of 47 percent, not as bad as 38 percent, but still serious.

Reviewing my echocardiogram numbers my MD said they were very close to the 48 percent EF rate measured by a Thallium-Stress test I had back in 2002.

Trying to understand why my heart was so weak I decided to take a look at the supplements I was taking. For several years I had been taking 1600 mg a day of *Red Rice Yeast Extract* to help control my cholesterol levels. Red Rice Yeast Extract contains lovastatin, the same active ingredient found in pharmaceutical statin drugs, such as *Lipitor®* and *Zocor®*. In addition to lowering cholesterol, statin drugs have the undesirable side effect of depleting *Coenzyme Q10* (CoQ10) levels in the body.

CoQ10 is concentrated in the myocardium, or heart muscle. Its role in the heart makes sense: the heart, one of the body's most energetic organs, beats

approximately 100,000 times a day and 36 million times a year, and depends on CoQ10 for “bioenergetics.”

My test results led me to suspect that the Red Rice Yeast Extract I'd been taking *may* have severely depleted my CoQ10 levels and contributed to my heart weakness. I stopped taking the Red Rice Yeast Extract and added CoQ10 to daily supplement regimen, along with *CardioPhase*, a Chinese herbal formula available from *Tango Advanced Nutrition*.

A follow-up echocardiogram on Dec 1st showed that my ejection fraction had returned to normal, at 70 percent. This is an extremely fast turnaround! I don't know whether to attribute this to the CoQ10, the *CardioPhase*, or both. But if I had it to do over again, I believe I would start with the *CardioPhase*, because it is much less expensive than CoQ10.

Of course, my doctor had a completely different explanation when I met with her on Dec 22nd. When I told her that I was taking both CoQ10 and *CardioPhase*, she told me that the original report from Nov 7th echocardiogram now showed an EF of 70 percent. There had been a mistake someplace, either in what they originally told her when I was in the hospital, or in the report of the hospital results she now had. Since echocardiograms are pictures “read” by experts, perhaps the earlier “reading” was revised as a result of the later “reading.”

Honestly, I'm not exactly sure where the mistake was made, but as a result I'm far less trusting of the accuracy of even the diagnostic tools of conventional medicine. However, a couple of other results cannot be simply “explained away” by conventional MDs claiming a mistake in test results.

### Persistent Glucose Problems

Following my discharge from the hospital in 1995, my blood glucose readings have been consistently high, averaging about 300. I attribute the problem to the constant pain and illness from my chronic pancreatitis. Indeed, prior to 1998, when I was in the hospital for two weeks, my doctors had complete control over my nutrition and insulin dosage, and even they couldn't get my readings below 300.

The good thing was that, because of all the supplements I was taking, I had been able to avoid many of the adverse effects that result from high blood glucose levels, such as cataracts, diabetic retinopathy, peripheral neuropathy, nephropathy, atherosclerosis and osteoporosis. In

fact, after 10 years of high blood glucose levels my ophthalmologist was shocked to find that I had no signs of diabetic retinopathy (he was so amazed that he checked twice, more thoroughly the second time). The peripheral neuropathy of my feet and lower legs had been getting better over the years. And, of course, the MDs had just given my heart a good bill of health.

However, now my doctors were becoming alarmed at my elevated blood glucose levels and high hA1C test results. The glycosylated hemoglobin test (commonly referred to as hA1C) measures the average blood sugar level for the previous 3 months to determine overall diabetes control. According to the *American College of Endocrinology* hA1C levels should be under 6.5 for optimal health, but even keeping hA1C at or below 7 percent can help to minimize long-term complications associated with diabetes. My hA1C was up to 11.4.

To make matters worse, since I'd stopped taking Red Rice Yeast Extract my cholesterol levels were elevated and my blood pressure had shot up to 165/95 during the past few months. I was sent to a "diabetic specialist" who warned me of the cardiac complications that can result from constant high blood glucose. She increased my insulin regimen and wanted me to consider taking two prescription drugs – *Actos*<sup>®</sup> and *Avandia*<sup>®</sup>. However, since I have an intense aversion to synthetic drugs, I searched for information about those two drugs. That turned up some disturbing information, including warnings from the FDA about prescribing *Actos* and *Avandia* for patients who were

taking insulin. As it turns out, these drugs greatly increase the risk of *Congestive Heart Failure* (CHF) when combined with insulin.

Once again, I chose to add some more natural supplements to my regimen. In particular, I added *MetaPhase* and *Herbal Boost* from *Tango Nutrition*. Additionally, I began using two new formulas that *Tango* was providing to clinicians and diabetic patients as part of their ongoing evaluation program. The first was an advanced glucose management formula. The second was an herbal formula designed to normalize and restore blood pressure to healthy levels. I began taking these on December 22, 2006.

I had more blood tests done in mid-January 2007. A week later I met with my primary doctor (who is, by the way, a first year intern DO, not MD, and supportive of my decisions to use natural substances instead of synthetic drugs, but has to deal with the "attending" MDs who supervise her and push the synthetic drugs). After approximately one month on the new supplements, my blood pressure had dropped to 123/77. More importantly, my hA1C level had been reduced from 11.4 to 7.7, and my 30-day blood glucose average was down to 146 (from my previous level of over 300). My cholesterol also significantly improved – I don't remember the numbers right now, but they were low enough that my doctor said they were not of any concern.

### Summary

Throughout the past four months, I have tried to convince the MDs to treat *me*, not my numbers. I believe the underlying

cause of these numbers is the chronic insomnia caused by the pain of chronic pancreatitis. Instead of listening to my concerns, the MDs continued to attempt to treat my numbers with synthetic substances. However, I do not believe that my recent health problems are caused by a lack of some synthetic drugs that have been in existence for less than 10 years.

As I mentioned previously, I have a high disdain for synthetic drugs and the numerous side effects associated with them (in many cases, the side effects are more serious than the condition they are intended to treat). My philosophy is that our bodies evolved over millions of years in concert with nature and its abundance of natural healing substances. Consequently, our bodies have numerous metabolic pathways for these natural substances, and their safe use has been well-established over several millennia. Fortunately, now that my numbers are down, my primary doctor can treat my insomnia



**About the Author:** Paul Anacker, J.D., has been involved in the natural health field for 30 years, beginning after a meeting with Jack LaLanne in the mid-60s, and continuing as Paul studied the works of Dr. Paul Bragg while attending UCLA in the 60s. Over the years Paul has served as a researcher and consultant to leading figures in the field of alternative medicine. In the mid-80s Paul served as lead editor and co-publisher of the groundbreaking book, *Biological Aging Measurement: Clinical Applications* by Ward Dean, M.D. In the late 90s he also served as a formulator for *Body International, Inc.* and assisted in designing formulas for leading supplement companies.

## Letters

*Continued from page 7*

*developing a severe infection that can lead to bronchitis or pneumonia, lasting for weeks and putting you completely out of action.*

*In addition to ImmunoPhase we have recently introduced a new formula that should be taken at the first sign of a cough that could turn into bronchitis. BronchoPhase contains a number of additional antiviral herbs not included in ImmunoPhase, in addition to herbal compounds that aid in clearing out phlegm and bronchial congestion. BronchoPhase can effectively reduce the amount of time you have a cough*

*associated with an infection and greatly diminish symptoms.*

*Clearly, the best results occur when you act quickly and use the proper formulas at the earliest signs of symptoms. It also makes sense to have them on hand in your medicine cabinet at home or in your luggage when traveling so you can be prepared should you have the misfortune of catching a virus or being exposed to an allergen. All of the formulas have an effective shelf life of at least three years when stored properly away from heat and bright light.*

### Combining Tango Formulas

*If you have an infection that leads to nasal congestion, take 2 capsules of*

*ImmunoPhase 3-5 times daily. You can add in one capsule 3 times daily of AllerPhase to help resolve the nasal congestion.*

*If your infection begins to attack the lungs, take 2 capsules of BronchoPhase 3-5 times daily. You can also take 1-2 capsules 3 times daily of ImmunoPhase for additional anti-viral action. As well, you can add in 1 capsule 3 times daily of AllerPhase to improve clearance of lung congestion.*

*Yours in Health,  
John Steinke, L.Ac.  
Director of Product Development*

# Heart Disease Still Leading Cause of Death in U.S.

From 1993 to 2003 cardiovascular disease death rates declined by 22.1 percent. Yet despite the drop in absolute numbers, heart disease is still the leading cause of death in the U.S. Unfortunately, not many people realize how serious this issue is, according to a top U.S. research cardiologist. "We've done a good job of advertising to people that we're doing better with heart disease, so people tend to sort of feel good about it," said Dr. Robert Califf, director of the Duke Clinical Research Institute. As a result, heart disease... "is sort of accepted as part of the background noise, even though it's far and away the mostly likely reason that you or I will die," Califf said.

More than 910,000 Americans still die from heart disease annually, according to the American Heart Association, and more than 70 million live with some form of heart disease, which can include high blood pressure, cardiovascular disease, stroke, angina (chest pain), heart attack and congenital heart defects.

And these numbers are likely to grow, according to Califf. "We're just on the front end of the baby boomer epidemic, where the projections on the amount of cardio-

vascular disease are climbing steadily over the next 10 years," he said. According to Dr. Steven Nissen, president of the American College of Cardiology and chairman of cardiovascular medicine at the Cleveland Clinic in Ohio, "We're delaying the disease, but we're not preventing it."

## Mounting a Strong Defense

Prevention is vital to fighting heart disease, say experts, and Americans know what to do: Eat a healthy diet, keep their weight in check, exercise and don't smoke. Unfortunately, many of the recent gains made in fighting heart disease have been countered by a dramatic increase in the incidence of obesity and diabetes. Roughly two-thirds of Americans are overweight or obese, according to the National Center for Health Statistics, and the epidemic is spreading to teenagers and children.

## Preventing, and Enhancing Recovery from Heart Disease

When it comes to heart disease, prevention is vastly preferable to treatment. And if heart disease is diagnosed, natural methods for supporting and enhancing the heart's normal healing process are of increasing

interest to patients, especially in light of growing concerns over the use of stents and other invasive procedures.

*CardioPhase™* is a unique herbal formula used throughout China to strengthen heart function and support recovery from various cardiopathic conditions. *CardioPhase* underwent a series of stringent animal and human trials before being approved for use in Chinese hospitals for chronic congestive heart failure and other cardiac disorders.

Following its approval in 1999, numerous cardiology departments at leading hospitals in China continued to conduct clinical trials showing excellent and statistically significant results. *CardioPhase* was shown to alleviate myocardial damage induced by anoxia (lack of oxygen) and ischemia (lack of blood flow) to heart tissues. *CardioPhase* may also reduce pulmonary arterial blood pressure, improve microcirculation and enhance cardiac output while reducing clinical symptoms such as high blood pressure, shortness of breath, angina, palpitation and dizziness.

\*

# Brittle Bones Benefit from OsteoPhase™

At the age of 67, Waltraud H. was bedridden with spinal fractures caused by an extreme case of osteoporosis. The year was 1998 and a DEXA bone scan of her left hip revealed that she only had 25% – just one-fourth – of the normal bone density of a typical woman of her age. To make matters worse, her T-score of -6.2 indicated that her bone density was lower than 99% of all women in her age group.

In June 2005, at the age of 74, Waltraud began taking *OsteoPhase™* in the hopes of forestalling further loss in hip bone density. Three months later, after taking 2 capsules twice per day her next DEXA showed, despite aging trends and expectations, that she actually experienced a 12.3% improvement in her hip bone density. Waltraud reported to us at that time that she was feeling stronger, was able to walk with greater ease and generally go about her daily chores with much less pain than before.

Waltraud continued to take *OsteoPhase* at a rate of three capsules per day.

One year later, at age 75, her DEXA test scan again indicated a significant gain, revealing a further improvement in hipbone density of 22.4%. During this period

*Risk Assessment* study of 200,000 postmenopausal women.

*OsteoPhase* regulates how calcium is used in the body to accomplish much more

*"One year later, at age 75, her DEXA test scan again indicated a significant gain, revealing a further improvement in hipbone density of 22.4%."*

in which Waltraud took *OsteoPhase* daily, her T-score improved 0.8 points.

Today Waltraud now has 50% of the bone density of a woman her age, compared to seven years previously when it was down to 25%. While her bones are still brittle, her recent scores reflect a significant 30 to 40 percent reduction in her risk of suffering a severe fracture when compared to data from a *National Osteoporosis*

than just strengthening bones, as Waltraud attests in her recent letter. While others may not experience the same results as she did, her record of significant improvements as revealed by the DEXA scans illustrate that even those with very severe osteoporosis and brittle, fracture-prone bones may benefit from daily use of this unique herbal supplement.

\*



# Letters

With John Steinke, L.Ac. Licensed Acupuncturist and VP of Product Development for Tango Advanced Nutrition, Inc.

## Vital Cell Observations From Ward Dean, MD

Dear John,

I received your latest newsletter. It's getting better with each issue. I was especially interested in the article on the anti-aging benefits of *Vital Cell*. What was especially striking – but which didn't get enough emphasis – were several of *Vital Cell*'s significant effects to reverse several biomarkers of aging.

If you look at a copy of my book, *Bio-logical Aging Measurement*, please take a look at the biomarkers, *Albumin*, *Lymphocyte Blast Transformation Index*, and *A/G* (albumin/globulin) ratio. When I wrote *Bio-logical Aging Measurement* I had no idea of how to improve these three biomarkers. Albumin, especially, is one of the most significant biomarkers there is, in my opinion. Albumin levels have been found to be one of the most significant biochemical parameters for determining the likelihood of a chronically ill patient leaving a hospital alive. Unfortunately, no one knows how to do anything about improving anyone's albumin level – that is, until *Vital Cell*!

Also, while Professor Vladimir Dilman (noted Soviet clinical gerontologist and Chief of the Laboratory of Endocrinology, *Petrov Research Institute of Oncology*) used the Lymphocyte Blast Transformation Index in his evaluation system as an indicator of immune system integrity, I had no idea of any way to improve it, other than by using non-specific immune enhancers such as *Thymic Protein A*, or *Beta Glucan*.

I was also surprised to read that although *Vital Cell* was able to improve blood viscosity, it had no effect on the ESR (sedimentation rate). I would think that reduced viscosity would have a direct effect on sedimentation rate.

Regards,  
Ward Dean, MD

Dear Dr. Dean,  
Great to hear from you, and thank you for the insightful remarks on the

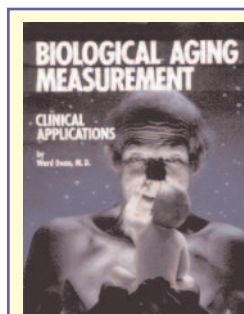
*Vital Cell* article. I agree that we could have paid more attention to *Vital Cell*'s unique ability to reverse these important biomarkers, but space restrictions limited how much information could be addressed in one article.

Concerning *Vital Cell*'s lack of effect on ESR (*Erythrocyte Sedimentation*, or *Sed Rate*), I was also puzzled by this initially. ESR is a non-specific test that measures the speed at which red blood cells settle to the bottom of a test tube. To perform the test, anticoagulated blood is placed in an upright tube and the rate at which the red blood cells fall is measured and reported in mm/hour.

According to the Mayo Clinic, the presence of fibrinogen and abnormal proteins causes red blood cells to stick together and sink to the bottom more quickly. While an elevated sed rate may be an indication of an underlying problem, such as infection, inflammatory disease or cancer, the test is not diagnostic and further testing is usually needed to identify the cause of the problem.

So the good news is that *Vital Cell* will not interfere with ESR test results to mask a potentially serious condition warranting further investigation. Hopefully I'll be able to address this and other important benefits of *Vital Cell* in greater depth in an upcoming article.

Regards,  
Jim English



**Biological Aging Measurement** by Ward Dean, MD, is one of the most comprehensive books ever written on the measurements of biological aging processes. This valuable anti-aging reference book belongs in every serious life extensionist's library. Copies can be purchased from VRP (1-800-877-2447).

## Combining Formulas For Viral Infection and Allergies

Dear John,

How can I tell the difference between allergies and a cold, when both start out with similar symptoms? Recently I came down with sneezing, nasal congestion, itchy throat and ears, which I thought was an allergy attack. Apparently I was wrong, as it soon developed into a cold that advanced to bronchitis with a bad cough.

Therese

Dear Therese,

This is a great question, and as your experience shows, knowing the difference is important in determining which herbal formula you should take.

Colds and flu are caused by a viral infection. ImmunoPhase contains herbs that attack viruses while reducing the inflammation that causes sore throat pain and nasal congestion. Taking ImmunoPhase at the very first sign of symptoms gives you a good chance of knocking the cold out within a few hours. At the very least, you will significantly shorten the duration of infection and dramatically reduce symptoms so you can quickly get back to your normal life.

Allergic reactions result from exposure to allergens, such as pollen, mold or animal dander. AllerPhase contains herbs that inhibit and reduce the body's reaction to an allergic trigger to aid in controlling the sneeze reflex and clearing out nasal congestion. If you catch a cold, AllerPhase can reduce your nasal symptoms but it doesn't offer protection against other symptoms. The problem is that unless you are absolutely certain that you've been exposed to an allergen it is very difficult at the outset to know if your symptoms are caused by a virus or allergen.

The best option is to treat early symptoms as if you are catching a cold. To do otherwise runs the risk of

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